

**GOVERNMENT OF INDIA  
HEALTH AND FAMILY WELFARE  
LOK SABHA**

UNSTARRED QUESTION NO:2531

ANSWERED ON:22.07.2009

TREATMENT OF SWINE FLU PATIENTS UNDER AYUSH

Rathwa Shri Ramsinhbhai Patalbhai

**Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:**

(a) whether the Indian Systems of Medicine and Homoeopathy is capable of tackling the Swine flu; and

(b) if so, the details thereof and the action taken by the Government in this regard?

**Answer**

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRI GHULAM NABIAZAD)

(a) & (b) Swine flu is a recently reported condition caused by a new strain of the virus (H1N1 virus) & as such no research study has been taken up by the Councils to determine the efficacy of Homeopathy/Ayurveda/Unani/Siddha & Yoga and Naturopathy in tackling the Swine flu. However, the efficacy of Homeopathy in tackling influenza from other strains of the influenza virus is evidenced in many clinical research studies conducted worldwide during the past epidemics.

There are preparations in Indian Medical System which act in strengthening the body's immune system and are believed to be helpful in fighting viral disease including influenza virus by relieving the fever, soar throat, body ache, malaise, chills, debility and typical flu like symptoms. Ayurvedic treatment for swine flu includes certain time tested herbals / digestive system strengthening herbs such as Guduchi (licorice), Tulsi (Holy Basil), Shadevi, Neem (Indian Margosa Tree), Shunthi (ginger), Pippali (pepper) and certain spices such as cumin seeds, asafetida, turmeric, coriander etc. Once the digestive system is corrected, medicines such as Triphala, Rasna, Eranda, Guggulu can be prescribed to relieve the symptoms. Also, Elderberry extract, Vitamin C (ascorbic acid) and zinc oxide are helpful in fighting against flu symptoms. In case of stuffy nose, the oil of eucalyptus (nilgiri in Ayurveda) is believed to benefit.